



Garden-Fresh Egg Casserole

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



300 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1 cup buttermilk
- ☐ 1 cup curd cottage cheese
- ☐ 18 eggs beaten
- ☐ 1.5 cups monterrey jack cheese shredded
- ☐ 0.5 cup onion grated
- ☐ 1 cup pkt spinach chopped
- ☐ 1 cup tomatoes chopped

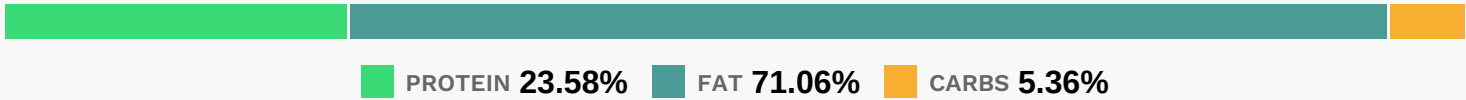
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix all ingredients together; pour into a greased 13"x9" baking pan. Cover; refrigerate overnight.
- ☐ Bake at 350 degrees for 50 minutes to one hour.
- ☐ Serves 8 to

Nutrition Facts



Properties

Glycemic Index:23.2, Glycemic Load:0.92, Inflammation Score:-6, Nutrition Score:13.026521641275%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 299.89kcal (14.99%), Fat: 23.62g (36.34%), Saturated Fat: 12.38g (77.36%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 3.63g (1.32%), Sugar: 2.86g (3.18%), Cholesterol: 340.32mg (113.44%), Sodium: 381.93mg (16.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.63g (35.27%), Selenium: 29.88µg (42.69%), Vitamin B2: 0.52mg (30.48%), Phosphorus: 295.95mg (29.6%), Vitamin A: 1316.25IU (26.32%), Calcium: 224.85mg (22.49%), Vitamin B12: 1.07µg (17.76%), Vitamin K: 17.23µg (16.41%), Vitamin B5: 1.5mg (14.95%), Folate: 53.91µg (13.48%), Vitamin D: 2.02µg (13.46%), Zinc: 1.77mg (11.8%), Vitamin B6: 0.19mg (9.7%), Iron: 1.67mg (9.28%), Vitamin E: 1.32mg (8.77%), Potassium: 243.72mg (6.96%), Magnesium: 23.2mg (5.8%), Copper: 0.09mg (4.52%), Vitamin B1: 0.06mg (4.22%), Vitamin C: 3.48mg (4.21%), Manganese: 0.08mg (3.98%), Fiber: 0.38g (1.52%), Vitamin B3: 0.24mg (1.21%)